



Grant County Health Department
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COMMUNITY EDITION

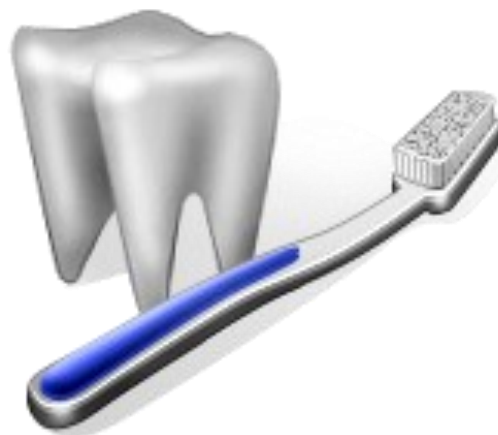
February 2014

Start Caring for Your Child's Teeth Early

Your child's teeth are at risk for cavities as soon as they first appear— around age 6 months. The good news is that cavities are preventable!

Clean Your Child's Teeth

- ≡As soon as your child's teeth begin to come in, brush them gently with a child-size toothbrush and water
- ≡For children older than 2, brush their teeth with a pea-sized amount of fluoride toothpaste. Be sure they spit out the toothpaste.
- ≡Until your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, floss their teeth every day



Prevent Cavities

- ◆Try not to share saliva with the baby through common use of feeding spoons or licking pacifiers. Saliva can carry cavity causing bacteria.
- ◆Place only formula, milk or breast milk in bottles. Avoid sugar water, juice or soft drinks.
- ◆Do not let infants or children take bottles or cups to bed. (Unless filled with water.)
- ◆If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey.
- ◆Help your child learn to drink from a cup by his/her first birthday.

Ask About Fluoride

- Fluoride is a mineral that occurs naturally in water, including oceans, rivers and lakes.
- Fluoride is also added to some community tap water, toothpastes and mouth rinses.
- Bottled water may not contain fluoride.
- Infants and toddlers who do not receive enough fluoride may be at an increased risk for cavities since fluoride helps make teeth more resistant to cavities. It also helps repair weakened enamel.
- Discuss your child's fluoride needs with your dentist or doctor. They may recommend a fluoride supplement if you have well water or live in a community without fluoridated water.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Eating Healthy Away From Home

Eating out with kids can be a fun way to spend time together. Here are some tips to help order up the foods kids will enjoy with the nutrition adults can feel good about.

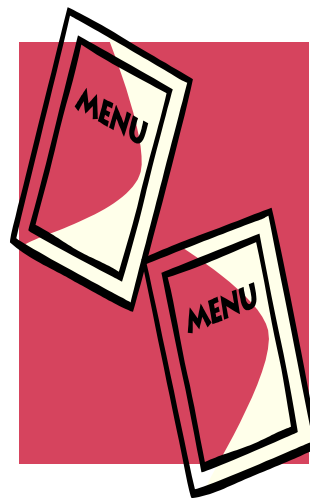
Set Expectations. Talk about the healthy choices at the restaurant to get them thinking about how good these foods will taste.

Offer Select Choices. Give kids the power of choice by giving them only healthy choices and not mentioning the not-so-healthy options.

Show Them. Kids will follow your lead. You also need to choose water or milk and a vegetable for a side.

Make it a Routine. Whether at home or at a restaurant, include foods from all food groups in your meal.

Eat Dessert Family Style. After you've enjoyed a healthy balanced meal agree on a dessert everyone can share and enjoy.



Source: [Healthy Dining Finder](#)

For more information on eating healthy away from home, visit www.choosemyplate.gov or <http://fyi.uwex.edu/foodsense/> or contact the UW-Extension's Nutrition Education Program at 723-2125.



WIC & Health Check Clinics

(Immunizations given at all these clinics)

Mar 6th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Mar 11th—Boscobel United Methodist Church from 9:30am to 3:30pm

Mar 12th—Fennimore United Methodist Church from 9:00am to 3:30pm

Mar 18th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Mar 20th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Mar 25th—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Mar 26th—Late Lancaster Youth & Ag Bldg from 3:00pm to 7:00pm

Mar 27th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Weather Cancellations

If the weather or road conditions are bad, the Grant County Health Department may decide to cancel WIC clinics. The stations used by the Health Department are:

WGLR 97.7 FM or 1280 AM
WPVL 107.1 FM or 1590 AM
WRCO 100.9 FM

In general, we will cancel a WIC clinic if the school in that town cancels school for the day. We will have the clinic if school is delayed. If in doubt, you can call the Grant County Health Department at 723-6416.

Top 10 Tips for Dealing With a Picky Eater

Start by introducing healthier elements into foods that your child already likes. For example, offer blueberry pancakes, carrot muffins, fruit slices over a favorite cereal, or chunks of bell pepper in a potato salad.

Include your kids in the prep work. By being involved in grocery shopping and food preparation, your kids will have more 'buy-in,' and they may be more likely to eat it.

Don't buy unhealthy foods. Out of sight, out of mind. If the chips and cookies aren't around, your kids can't eat them. They may resist at first, but when they get hungry, they'll start munching the carrot sticks. Keep healthy foods on hand, for example a bag of apples instead of a bag of chips.

Schedule snack time and stick to it. If your kids know they will only get food at certain times, they'll eat what they get when they get it. Try to have snacks incorporate two food groups. For example, offer cheese and whole-grain crackers or apple slices with low-fat yogurt or cottage cheese.



Have healthy finger foods available. Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks (raw or cooked) are great finger-food options.

Get rid of the "clean your plate" rule. Kids know when they're full, so let them stop.

Encourage kids to "eat their colors." Eating a variety of brightly colored foods provides more nutrients in greater variety.

Don't cut out treats altogether. Think moderation. A scoop of ice cream or a serving of Oreos is all right occasionally. If you cut out all the goodies, your kids will be more likely to overeat when they do get them.

Eat at the dinner table, not in front of the TV. Eating in front of the TV is distracting, and kids may not notice that they're full.

Be a good role model. Let your kids see you eating healthy foods.

Source: American Heart Association

What Vaccines Should My Children Have?

In the U.S., vaccines have reduced or eliminated many diseases that once killed or harmed many infants, children, and adults. However, the germs that cause vaccine-preventable disease and death still exist and can be passed on to people who are not protected by vaccines.

Vaccinations to protect infants may start at birth. Usually vaccinations are given around the following ages:

2 months

4 months

6 months

12-15 months

By age 2 the recommended numbers of immunizations children should have are:

4 doses of DTaP

3 doses of Hepatitis B

3 doses of Polio

1 dose of MMR

1 dose of Varicella

What can Parents Do?

Check with your doctor or clinic to make sure your child is up to date on their immunizations. Immunizations are also given before Kindergarten entrance and around age 11. Parents can look up their child's immunizations on the WIR at www.dhfwir.org

Will you join to save more lives?

Did you know a person may save up to 8 lives through organ donation? Unfortunately, thousands die every year waiting for a donor organ that never comes.

The Wisconsin donor registry allows a Wisconsin citizen who is at least 15½ years of age and has a driver's license or state ID to register as an organ, tissue and eye donor.

More than half of Wisconsinites
are already listed as a donor.
They support donation.
Will You?

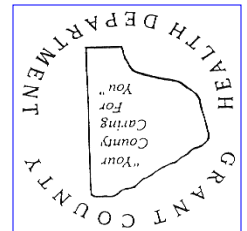
Yes, I will



REGISTER ON WISCONSIN'S
new online registry today!

Having your name included in the Wisconsin donor registry means that you have authorized the gift of your organs, tissues, and eyes upon your death. Registering indicates legal consent for donation. If you are at least 18 years old or an emancipated minor, your decision may not be overridden by your family or any other person.

Why register? Most of the time a person's driver's license or donor card is not readily available to the family or donation professionals. The registry allows donation professionals to find out if a person has registered as a donor by signing in to a secure website maintained by the Wisconsin Department of Health Services. To register or for more information see www.donatelifewisconsin.org



Change Service Requested

Non-Profit Organization
U.S. Postage
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Lancaster, WI 53813
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